

ABSTRACT

A saddle for an exercise equipment for allowing a user to perform an exercise in a sitting posture is provided, which has the capability of suppressing variations in sitting posture to achieve stable exercise effects. The exercise equipment has a base, the saddle for supporting the user's buttocks, and a coupling mechanism configured to movably couple the saddle to the base such that a load acted on a leg by the user's own weight varies according to a relative positional displacement between a foot position and a position of center of gravity of the user, and also configured to limit a movable direction of the saddle such that a direction of the relative positional displacement between the foot position and the position of center of gravity is limited to a direction of flexion and extension of knee joint. The saddle has a pair of curved recesses at its outer periphery, which are configured such that parts of the femoral regions of the user fit the recesses.